

Skills Matrix

Acrobatic Gymnastics High Performance Coach

For practical assessment learners are required to choose 4 skills from the syllabus, of relevant difficulty, to prepare and deliver with their gymnasts in presence of a BG recognised assessor.

This includes two pairs and two group skills, and one balance and one dynamic skill.

On the day the assessor will select the required skills to be demonstrated.

<p>A</p> <p>Pair - 1 arm mexican handstand on straight arm support</p> <p>Pair - Boosted overhead double somersault to wrap</p> <p>WG - Bases in bridge, top straddle to planche press to mexican</p> <p>WG - Handspring boosted double front to catch in wrap by one base</p> <p>MG - Four-man column, top in lever</p> <p>MG - Triple base double straight to floor</p>	<p>B</p> <p>Ind - Healy turn</p> <p>Ind - Side somersault</p> <p>Pair - One arm handstand on long arm or head of Base, Base standing</p> <p>Pair - 2/4 somersault to catch in handstand with 180° turn</p> <p>WG - Straddle up to handstand on box balance</p> <p>WG - Round-off to swing to handstand with 6/4 somersault dismount</p> <p>MG - Three-man column with support from fourth man at side</p> <p>MG - Double platform straight somersault to re-catch on platform</p>	<p>C</p> <p>Pair - Reverse through to 1 arm handstand on long arm support</p> <p>Pair - 360° re-catch from angel to angel position</p> <p>WG - Middle in back angel on base, lift to horizontal, top straddle to planche on middle</p> <p>WG- Pitch 8/4 somersault to catch in splits on bases shoulders</p> <p>MG - Supports with base 1 bridge and the others in tower, top one arm lever to croc on head</p> <p>MG- Two pairs somersault to catch in three high</p>
<p>D</p> <p>Pair - Flag handstand on long arm support 270° spiral</p> <p>Pair - Round-off 360° with ¼ to catch in cradle</p> <p>WG - Three high slide to splits, top in planche</p> <p>WG - Pitch 360° to re-catch on platform, full in back pike dismount</p> <p>MG - Bases side by side in splits middle on shoulders, top on head, middle transitions to lever on head of bases, whilst top in position of value</p> <p>MG - Full in back somersault change base</p>	<p>E</p> <p>Pair - Motions of the base to include spiral and roll up and down and slide to splits</p> <p>Pair - Double arabian dismount</p> <p>Women's Group - Middle of feet of base top straddle to mexican on middles feet</p> <p>Women's Group - Double straight boosted somersault</p> <p>Men's Group - Three high on bridge climb down to semi column top in a position of value</p> <p>Men's Group - Somersaults from swing to catch by 3rd base</p>	<p>F</p> <p>Pair - Straddle lever up to 2 on 1 on long arm and with motion of the base to splits or sit</p> <p>Pair - Double pike dismount</p> <p>WG - Tepee balance, top straddle up to hyper mexican</p> <p>WG - Pitch double straight dismount</p> <p>MG - Mounts with the top in a position of value</p> <p>MG - Double somersault with twist to re-catch on platform</p>